



# Cooking Demo Classes

## WORKPLACE WELLNESS PROGRAMS

**You've heard the many benefits of cooking at home:** better health, a slimmer waistline, saving money and the list goes on. However, we can all use tips and tricks to save time and simplify getting dinner on the table. Join us to gain healthy (and delicious!) culinary inspiration to get you in the kitchen and in charge of your health.

Each 1-hour virtual cooking demo with Chef Marianne Juraryj features real food recipes, nutrition information and food prep tips. Classes highlight a couple recipes, but walk away with cooking skills that translate to whatever you're cooking in the kitchen. A moderator relays questions asked in the chat and participants receive handouts with a shopping list, recipes, and other bonus cooking tips. Class requests for cooking topics are welcome!

***Start with one class or choose a few and be sure to ask about our series discount!***

### **Batch Cooking for Simple Weeknight Dinners**

We've all heard the dreaded question "What's for dinner?" Well, we are here to help you with healthy inspiration and useful kitchen tricks that will make meal prep easy, so you can have dinner on the table in no time! We will cover food storage and planning, items to have on hand, and demonstrate some simple techniques and recipes you can use for an easy week of meals.

### **NEW! Cooking Brain Healthy Foods for Children and Adults**

"Food for Thought!" is an expression we've all heard, but we often forget how food has an impact on our minds! Join us as we dive into the kitchen to explore some tasty dishes that nourish our brains for better memory, processing, and learning, regardless of age. This class will include foods rich in antioxidants, omega-3 fatty acids and anti-inflammatory compounds that will feed our brain and keep us sharp from childhood to our senior years.

### **NEW! Creating Healing Foods for Your Gut**

So much of our immune system lives in the GI system! And by cooking and eating the foods that nurture our gut, we can strengthen our immunity, lower inflammation, and have more energy! Join us for this demonstration cooking class that explores the many delicious foods that can feed our "inner garden" and keep us healthy, including bone broth, fermented foods, and fiber.



**Nutritional  
Weight & Wellness**

## **Cooking in Autumn: Seasonal Foods for Delicious Dinners**

Although things are cooling off outside, it is a good time to heat things up in the kitchen. Chef Marianne will demonstrate how to prepare fall foods available from your CSA, farmers market, or local grocery store. Learn tips and tricks to try at home and receive delicious, nutritious recipes to share with family and friends.

## **NEW! Cooking Up Heart Healthy Meals and Snacks**

Your heart is the hardest working muscle in your body, so let's feed it well by cooking up some delicious, heart-healthy meals and snacks. Heart disease is also a big concern, so join us in the kitchen where we will explore good fats, Vitamin B-rich proteins, and garden-fresh vegetables that give our heart the fuel it needs to keep us moving.

## **Easy Weekday Lunches**

Start your week off right with easy, balanced lunch ideas to set you up for success. Reinvent the brown bag lunch with delicious and nutrient dense midday meals that are ready when you are: for work, school or your home office. This virtual demonstration class will help with shopping, preparation, and storage to keep you on track during your busy week.

## **Instant Pot Basics**

Why eat fast food when you can make real food fast? Our chef shares what the Instant Pot does best and how it can help you get dinner on the table in a flash! In this demonstration cooking class, we will explore the features of an Instant Pot® and how it can be just the right tool to making nutrient-dense and flavorful meals easy.. Walk away with recipes for real food that you and your family will love.

## **NEW! Kitchen Tips for Your Farmer's Market Vegetables**

Getting enough vegetables into our day can be challenging, so we created a class to help you fill in the menu. We'll cover a few basics about farmer's market and CSA fresh produce and we will demonstrate how to prepare [and use up] delicious and fiber-rich sides to go with your chicken, fish, beef or pork. We'll teach you how to bring out the best in your vegetables no matter where you get them (local grocery store and your backyard garden included!) and how to use them in salads, roasted, or on the grill.

## **Making Comfort Food Healthy**

We all love comfort food, but it can have a bad reputation for being an unhealthy option. Join us for this virtual cooking demonstration to learn tips and tricks for creating healthy versions of your favorites that are still delicious and comforting. You'll be inspired with new dishes, combining the coziness of comfort food while still getting critical nutrients needed for your health.

## **Slow Cooker Savvy: Easy, Nourishing Meals**

Hectic schedules can often side-track our healthy eating! Learn to save time and master your slow cooker. We'll show you how to prep meals for busy weeknight dinners. We will also share easy recipes and tips on how to store and use up all those leftovers to have healthy, nourishing meals ready any time.



### **About Our Chef!**

Marianne Jurayj is the founder and chef behind The Cook's Cure, a cooking and teaching service, and partners with Nutritional Weight & Wellness on classes, recipe development and customer service. Marianne is so passionate about cooking for health, that after 25 years in restaurant kitchens and with an award-winning catering company, she changed course and began to share her passion for nutrient-dense foods through private cooking and coaching clients. Marianne is certified in Food Management/Safety and Nutrigenomics.



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